

BJA Senior Grading Programme

Novice – 6th Kyu (Red Belt)



Fundamental Skills



1. Ushiro Ukemi



2. Yoko Ukemi



3. Mae Mawari Ukemi



Tachi-waza



4. Osoto-otoshi



5. De-ashi-barai



6. Uki-goshi

Performance Skills



7. Kesa-gatame



8. Mune-gatame



9. Kuzure-kesa-gatame



10. "Leg trap" escape



11. "Bridge-roll" escape



12. "Sit-push" escape

13. Osoto-otoshi into Kesa-gatame

14. De-ashi-barai into Mune-gatame

15. Uki-goshi into Kuzure-kesa-gatame

Personal Choice

Demonstrate two tachi-waza and two osae-waza

Terminology

Dojo, Judogi, Zori, Hajime, Matte, Osaekomi, Toketa, Rei, Randori